



Treating Internalizing Disorders in Children and Adolescents: Core Techniques and Strategies

Douglas W. Nangle PhD, David J. Hansen PhD, Rachel L. Grover PhD, Julie Newman Kingery PhD, Cynthia Suveg PhD, and Contributors

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Identifying 13 core techniques and strategies that cut across all available evidence-based treatments for child and adolescent mood and anxiety disorders, this book provides theoretical rationales, step-by-step implementation guidelines, and rich clinical examples. Therapists can flexibly draw from these elements to tailor interventions to specific clients, or can use the book as an instructive companion to any treatment manual. Coverage includes exposure tasks, cognitive strategies, problem solving, modeling, relaxation, psychoeducation, social skills training, praise and rewards, activity scheduling, self-monitoring, goal setting, homework, and maintenance and relapse prevention.

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